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Sick Days - English

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Sick Days - English

Description

This one page handout offers tips on what to do when you are sick and you have diabetes. (English)

Keywords

sick, diabetes, illness, self-care

Disciplines

Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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SICK DAYS

Your blood sugar can change very fast when you are sick. It can rise very high or drop very low. Here is what to do on sick days.

Check your blood sugar every 2 hours.



If your blood sugar is high, drink water, sugar-free drinks or broth.



Keep taking your pills and inject your insulin



If you cannot eat, **call the clinic**. Ask how much medicine to take.



Call your doctor if:

- You have type 1 diabetes
- Your blood sugar stays over 250
- You keep vomiting.



If your blood sugar is low, drink sweet drinks like regular soda or fruit juice. Eat light foods like crackers.

